

COLON CANCER

What is colorectal cancer?

Colon cancer and rectal cancer are collectively known as colorectal cancer, which is malignant cancer that occurs in the colon or rectum. Colon and rectal cancer arise from benign growths (or polyps) that sometimes form in the lining of the colon. Not all polyps are susceptible to colon cancer.

Polyps

Polyps are abnormal growths from the lining of the large intestine or colon that protrude into the lumen of the intestine. Polyps greater than 1 centimeter in size have a higher risk of becoming cancer than polyps less than 1 centimeter in size.

Symptoms

In the early stages, there may be no symptoms of colon cancer, which confirms the importance of early examination before symptoms appear.

The appearance of one of the following symptoms does not mean colon cancer, as there are many diseases that cause these symptoms, which are more common and simple to treat, but it indicates that a specialist doctor should be consulted

- Bleeding in the rectum
- Bleeding with stool
- Change in defecation habits
- Colic in the colon or rectum
- Anemia



Risk factors for colorectal cancer

Factors that can increase the development of colorectal cancer include :

- Age: About 90% of people diagnosed with colon cancer are over the age of 50
- Medical history: inflammatory bowel diseases such as ulcerative colitis or Crohn's disease
- A genetic defect that affects the colon: Genetic syndromes that are transmitted in the family from one generation to another can increase the risk of colon cancer
- Smoking: A smoker may be more likely to develop polyps and colon or rectal cancer
- Diet: Colorectal cancer may be related to diets low in fiber or high in fat and calories

Who needs early screening?

If you have reached the age of 45 years, you must take the initiative to do this examination.

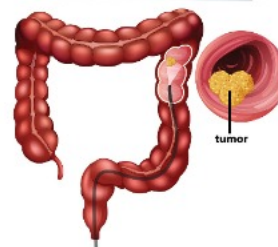
This applies to both men and women, as studies have shown that polyps and colon cancers increase significantly after the age of fifty years .

But if there is a family history in first-degree relatives (such as parents, brothers, or children) of colon cancer, polyps, breast, ovarian, uterine, or prostate cancers, then this makes you vulnerable to colon cancer, and therefore you should do the examination at a younger age, as it has been proven that there are genetic factors that play an important role in the emergence of the disease among relatives.

If you suffer from chronic ulcerative colitis, you should start early detection of colon cancer.

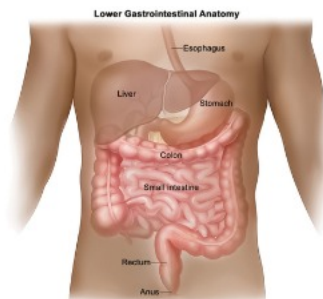
If you had previously had polyps in the colon or had colon cancer previously, it is advised to do a periodic examination throughout life to ensure that polyps do not reappear in the future.

Colorectal Cancer (CRC)



Option for early screening and diagnosis of colorectal cancer:

- Yearly stool test (FIT)
- Sigmoidoscopy
- Colonoscopy
- Virtual colonoscopy



Stages of Colon Cancer Development

Stage 0 - the cancer is still in its infancy. Colon cancer has not yet grown or spread beyond the inner (mucosa) lining of the colon or rectum. This stage is also called localized cancer.

Stage 1 - the tumor has grown into the inner wall of the colon or rectum, but it has not grown everywhere in the wall.

Stage 2 - the tumor has grown, spread, and penetrated the wall of the colon or rectum, but has not yet metastasized to nearby lymph nodes.

Stage 3 - the tumor has grown, spread, and reached nearby lymph nodes, but not to other parts of the body.

Stage 4 - the tumor has spread to a different part of the body.

Colon Cancer Treatment

The treatment option depends primarily on the location of the tumor in the colon or rectum and the stage of the disease.

Doctors usually recommend surgery to remove colon cancer. Radiation therapy and chemotherapy may also reduce the risk of cancer spreading.

Protection

There are no ways to completely reduce the risk of colorectal cancer, so early screening is very important. However, there are indications and signs that can reduce the possibility of infection by following these steps :

- Follow a diet rich in fiber.
- Avoid foods rich in fat, especially saturated fat.
- Being physically active and maintaining a healthy weight.
- Refrain from alcoholic beverages.
- Quit smoking.



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